



SAHEED ANURUP CHANDRA MAHAVIDYALAYA

Department of Physical Education

P.O. - Burul, District – South 24 Parganas Pin – 743318 (W.B)

Website: sacm.ac.in



Teaching Plan for the Session July - December 2024

Semester - 1

Course Code: CCF- PE-MD-CC1-1-Th/P & PE-MD-SEC1-1-Th/P

Foundations of Physical Education & Officiating and Coaching

Month	Week	Scheduled Holidays	Topics	Name of the Teacher
July	1			
	2		Introduction to Physical Education	Mr. Sunip Kumar Maiti
	3	17	Historical Development of Physical Education	Dr. Arup Gayen
	4		Biological Foundation of Physical Education	Dr. Sariful Islam
August	1		Sociological Foundation of Physical Education	Dr. Arup Gayen
	2	15	Athletics: Running Events	Dr. Arup Gayen
	3	19	Marching / Drill	Mr. Sunip Kumar Maiti
	4	26	Formal Activities in Physical Education	Dr. Sariful Islam
September	1		Introduction of Officiating and Coaching	Dr. Sariful Islam
	2		Methods of Officiating	Mr. Sunip Kumar Maiti
	3	16 17	Introduction of Coaching	Dr. Arup Gayen
	4		Officiating and Coaching	Dr. Arup Gayen, Dr. Sariful Islam and Mr. Sunip Kumar Maiti
October	1	Puja Vacation		
	2			
	3			
	4			
	5			
November	1	4 7 8	Introduction of Officiating and Coaching	Dr. Sariful Islam
	2	15 16	Methods of Officiating	Mr. Sunip Kumar Maiti
	3		Introduction of Coaching	Dr. Arup Gayen
	4		Planning & application of Coaching in Sports	Dr. Arup Gayen
December	1		Introduction to Physical Education	Mr. Sunip Kumar Maiti
	2		Historical Development of Physical Education	Dr. Arup Gayen
	3	25 - 28	Biological Foundation of Physical Education	Dr. Sariful Islam
	4	30 - 31	Sociological Foundation of Physical Education	Dr. Arup Gayen



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Teaching Plan for the Session July - December 2024

Semester - 3

Course Code: CCF- PE-MD-CC3-3-Th/P & PE-MD-IDC3-3-Th/P & PE-MD-MC1-3-Th/P
Physiology of Exercise & Yoga and Weight Management & Foundations of Physical Education

Month	Week	Scheduled Holidays	Topics	Name of the Teacher
July	1			
	2		Introduction of the Human Body	Mr. Sunip Kumar Maiti
	3	17	Muscular System and Respiratory system	Dr. Sariful Islam
	4		Cardio-Vascular System	Dr. Arup Gayen
August	1		Energy Metabolism and Exercise	Dr. Arup Gayen
	2	15	Athletics: Jumping Events (High Jump, Long Jump, Triple Jump)	Dr. Arup Gayen
	3	19	Games: Kabaddi, Football, Basketball	Dr. Sariful Islam & Mr. Sunip Kumar Maiti
	4	26	Practical of Physiology of Exercise	Dr. Arup Gayen
September	1		Introduction of Yoga	Dr. Arup Gayen
	2		Methods of Yoga	Dr. Arup Gayen
	3	16 17	Introduction of Weight Management	Dr. Sariful Islam
	4		Steps of Planning of Weight Management	Mr. Sunip Kumar Maiti
October	1	Puja Vacation		
	2			
	3			
	4			
	5			
November	1	4 7 8	Yoga and Weight Management	Dr. Arup Gayen, Dr. Sariful Islam and Mr. Sunip Kumar Maiti
	2	15 16	Introduction to Physical Education	Mr. Sunip Kumar Maiti
	3		Historical Development of Physical Education	Dr. Arup Gayen
	4		Biological Foundation of Physical Education	Dr. Sariful Islam
December	1		Sociological Foundation of Physical Education	Dr. Arup Gayen
	2		Athletics: Running Events	Dr. Arup Gayen
	3	25 - 28	Marching / Drill	Mr. Sunip Kumar Maiti
	4	30 - 31	Formal Activities in Physical Education	Dr. Sariful Islam



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Teaching Plan for the Session July - December 2024

Semester - 5

Course Code: CBCS- PEDN-G-DSE-A-5-1-TH-P & PEDN-G-SEC-A-5-2-P

Management in Physical Education and Sports & Ball Games

Month	Week	Scheduled Holidays	Topics	Name of the Teacher
July	1			
	2		Introduction	Mr. Sunip Kumar Maiti
	3	17	Tournaments	Dr. Sariful Islam
	4		Facilities and Equipment	Dr. Arup Gayen
August	1		Financial Management	Dr. Arup Gayen
	2	15	Lab & Field Practical	Dr. Arup Gayen
	3	19	Lab & Field Practical	Dr. Arup Gayen
	4	26	Basketball	Dr. Arup Gayen
September	1		Football	Dr. Sariful Islam
	2		Cricket	Dr. Arup Gayen
	3	16 17	Volleyball	Mr. Sunip Kumar Maiti
	4		Basketball	Dr. Arup Gayen
October	1	Puja Vacation		
	2			
	3			
	4			
	5			
November	1	4 7 8	Introduction	Mr. Sunip Kumar Maiti
	2	15 16	Tournaments	Dr. Sariful Islam
	3		Facilities and Equipment	Dr. Arup Gayen
	4		Financial Management	Dr. Arup Gayen
December	1		Lab & Field Practical	Dr. Arup Gayen
	2		Football	Dr. Sariful Islam
	3	25 - 28	Cricket	Dr. Arup Gayen
	4	30 - 31	Volleyball	Mr. Sunip Kumar Maiti